#### UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

#### FORM 8-K

# CURRENT REPORT Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): March 13, 2020

#### DYNEX CAPITAL, INC.

(Exact name of registrant as specified in its charter)

Virginia1-981952-1549373(State or other jurisdiction of incorporation)(Commission File Number)(IRS Employer Identification No.)

4991 Lake Brook Drive, Suite 100

Glen Allen, Virginia 23060-9245
(Address of principal executive offices) (Zip Code)

(804) 217-5800

(Registrant's telephone number, including area code)

#### Not Applicable

(Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- □ Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- □ Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Securities registered pursuant to Section 12(b) of the Act:

Title of each class	Trading Symbol(s)	Name of each exchange on which registered
Common Stock, \$.01 par value	DX	New York Stock Exchange
8.50% Series A Cumulative Redeemable Preferred Stock, par value \$0.01 per share	DXPRA	New York Stock Exchange
7.625% Series B Cumulative Redeemable Preferred Stock, par value \$0.01 per share	DXPRB	New York Stock Exchange
6.900% Series C Fixed-to-Floating Rate Cumulative Redeemable Preferred Stock, par value \$0.01 per share	DXPRC	New York Stock Exchange

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter). Emerging growth company   If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act. 0			

## Item 7.01 Regulation FD Disclosure.

On March 13, 2020, Dynex Capital, Inc. (the "Company") issued a press release announcing that management will host a conference call on Monday, March 16, 2020 at 8:00 A.M. Eastern Time. A copy of the press release is being furnished as Exhibit 99.1 and is incorporated herein by reference.

This information is intended to be furnished under Item 7.01 and shall not be deemed filed in this or any other filing of the Company with the Securities and Exchange Commission, as amended, unless expressly incorporated by reference in any such other filing.

#### Item 9.01 Financial Statements and Exhibits.

## (d) Exhibits

Exhibit No.	Description	
<u>99.1</u>	Press release dated March 13, 2020	
104	Cover Page Interactive Data File (embedded within the Inline XBRL document)	

## SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

# DYNEX CAPITAL, INC.

Date: March 16, 2020 By: /s/ Stephen J. Benedetti

Stephen J. Benedetti

Executive Vice President, Chief Financial Officer and Chief

Operating Officer



## PRESS RELEASE

FOR IMMEDIATE RELEASE March 13, 2020

CONTACT: Alison Griffin (804) 217-5897

## DYNEX CAPITAL, INC. SCHEDULES MARKET UPDATE CALL

GLEN ALLEN, Va.--Dynex Capital, Inc. (NYSE: DX) announced today that management will host a conference call on Monday, March 16, 2020 at 8:00 A.M. Eastern Time.

"We would like to offer our shareholders our thoughts on the recent market volatility and an update on how we have positioned our Company," said Byron L. Boston, Chief Executive Officer and President.

Participants may access the call by dialing the numbers provided below and requesting the "Dynex Capital Market Update Call."

United States: (844) 840-0844 International: (647) 253-8795 Conference ID: 7164418

The call will also be accessible online at <a href="www.dynexcapital.com">www.dynexcapital.com</a> under "Investor Center". A replay will be available on the web site shortly after the call and available for 90-days.

#### About Dynex Capital, Inc.

Dynex Capital, Inc. is an internally managed real estate investment trust, or REIT, which invests in mortgage assets on a leveraged basis. The Company invests in Agency and non-Agency RMBS, CMBS, and CMBS IO. Additional information about Dynex Capital, Inc. is available at www.dynexcapital.com.

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